

July Pandemic Influenza Preparedness Update

Monthly Preparedness Tip

●Establish or update an emergency preparedness plan for your home●

An ounce of prevention is worth a pound of cure. –Benjamin Franklin

The wisdom in these words spoken more than two centuries ago still rings true. It is much easier to forestall a disaster than it is to deal with it. As a State department we have a responsibility to ensure that the government will continue to operate in the event of an emergency. That is why we must continue to be diligent in our emergency preparedness efforts both in the workplace and the home.

As witnessed in the aftermath of disasters such as Hurricane Katrina, governments cannot be the sole bearer of responsibility, as the demands are often too great for any one entity to sufficiently address them. We must take steps as individuals to deal with emergency situations and that includes emergency preparedness planning for you and your family.

Pandemic Influenza is very different from the natural disasters of which we are accustomed. However, the steps for emergency preparedness such as stocking food supplies or compiling emergency contact information are universal and can be applied to any type emergency.

There are several planning options available that outline simple and effective guidelines. Sharing the responsibility can be a great activity for the family, and will help children establish an understanding early on that it is important to always be prepared.

The Web sites below are just a few that offer planning guides and checklists, which can be downloaded and completed at home. Please take some time in the coming weeks to take inventory of what you and your family can do to be better prepared in an emergency situation.

Be Smart. Be Responsible. Be Prepared.

California Office of Emergency Services--www.oes.ca.gov

UC Davis Health System www.ucdmc.ucdavis.edu/areyouprepared
A Guide to Emergency Preparedness for Sacramento County

U.S. Department of Health and Human Services --www.pandemicflu.gov